Pathological Changes in the Human Body in Obesity and Causes of Obesity

Navruzova Ugilkhon Orzizhon Kizi
Bukhara State Medical Institute named after Abu Ali ibn Sino Assistant of Pathological physiology

Islomov Sherbek Shaxobiddinovich, Jabborov Muxiddin Jamilovich, Ergasheva Salomat Sayfulloyevna
Student of Bukhara Medical Institute

Abstract: Most people today suffer from obesity Obesity is a disorder of fat metabolism in general, which is characterized by the accumulation of a group of fats in areas where there are normal neutral fats, as well as in organs appear neutral fats which they are not normal. Pathological processes in the endocrine glands is an important cause of obesity. Causes of obesity include overeating, occupational factors (chefs, confectioners' obesity), sedentary lifestyle, and alcoholism.

Keywords: Alimentary obesity, Isenko-Cushing's syndrome, expenditure of energy.

Relevance: The genetic predisposition to obesity is clearly seen in people in families suffering from obesity.

Obesity can develop for the following reasons:

- The imbalance between food intake and energy expenditure, i.e. consuming large amounts of food and less energy expenditure.
- When overconsumption of carbohydrates, carbohydrates are used as an energy source and fat reserves increase. However, the consumption of carbohydrates constantly forces the production of insulin, which causes the accumulation of hormone fats in reserve.
- Disorders of the pancreas, liver, small and large intestines.

If the parents are obese in hereditary obesity, according to genetic information, their children are also prone to obesity. This genetic information is considered to have a dominant character. In adipose tissue has especially much nerve endings, and in this regard, nerve impulses affect this large amount of fat. For example, mental illnesses such as manic depressive psychosis, which is characterized by occasional joys and then disappointments, are sometimes characterized by extreme weight loss and sometimes obesity.

An interesting phenomenon, such as a false pregnancy associated with the accumulation of excess fat in the anterior wall of the abdomen and stomach, clearly demonstrates how a person’s mental state affects fat metabolism. It has been reported that when a tumor develops in one of the cerebral hemispheres, half of the body becomes obese.

Pathological processes in the endocrine glands are important cause of obesity. When the hypothalamus is damaged: fat metabolism is hormonally controlled, and when the hypothalamus is damaged, the control of the appetite center is disturbed, there are cases of overeating, and overeating leads to obesity.

The liver is an important organ that regulates fat metabolism. When the liver is low in glycogen, the liver mobilizes the fat that accumulates in it. For this reason, often eating foods rich in carbohydrates and excess glycogen synthesis in the liver leads to obesity.

Obesity is different, mainly due to etiological factors. For example, in Isenko-Cushing's syndrome, a person's face and body become obese. That is above form of obesity. In alimentary obesity, fat accumulates in different parts of the body. There is also a subtype of obesity, in which fat accumulates in the thighs and legs of a person. In moderate obesity, fat accumulates in the subcutaneous tissue of the abdomen like an apron.

In practical medicine, body mass index is often used to determine obesity.

Factors contributing to obesity:

- Vegetable lifestyle;
- Prone to stress;
- Sleep deprivation;
- Psychotropic drugs;

To prevent obesity, it is necessary to follow a healthy lifestyle and consume products that contain more fiber, vitamins and other biological substances (vegetables, fruits, greens). However, it should be noted that obesity cannot be successfully treated without proper calorie control. Diet therapy of obesity (diet) The long-term results of treatment based on reducing the energy value of the diet disappoint hopes (whether it is carried out under medical supervision or without medical supervision). According to a study by American psychologist Tracy Mann and her colleagues, diet as a means of combating obesity is generally of poor quality. However, it should be noted that in order to successfully lose weight without proper control of dietary caloric intake, it is recommended to calculate the normal caloric intake and then reduce it to 300-500 kcal per month until the required caloric intake is less than 500 kcal. For those who are not engaged in active physical activity, this value is 1500-2000 kcal. Researchers have found that people who regularly consume low-fat dairy products are less likely to gain weight and less suffer from metabolic syndrome.

Distribution: In 2013, the Food and Agriculture Organization of the United Nations released a report on obesity.

Countries	Percentage of the population suffering from obesity
USA	31,3
Syria	31,6
Mexico	32,8
Russia	24,9
Israil	26,5
Great Britain	24,9
Lebanon	28,2

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